



I AM A SEXUAL BEING TOO: SEXUAL SELF-ADVOCACY

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Presenters:

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Planned Parenthood of Delaware

Objectives

- 1) Identify 2 myths about sexuality & disability, and discuss the facts
- 2) Compare the sex-positive Circles of Sexuality model with some common negative ideas about sexuality
- 3) Develop an “All About Me” personal sexual advocacy plan

The Continuum



We Believe...

1. Sexuality is a normal part of every person, for their whole life.
2. There are lots of ways to show our sexual feelings, we might be alone or with someone else.
3. Sex should feel good for everyone involved; sex should never hurt.
4. Knowing the facts about sex makes us safer and smarter.
5. All people should be respected for who they are and who they love.
6. Everyone has different interests when it comes to sex; but, permission, protection and equality are always required.



DISCLAIMER

- Families and support staff should support the sexual interests, sexual decision-making and sexual lives of the people they support...
...NOT what they want those sex lives to BE.

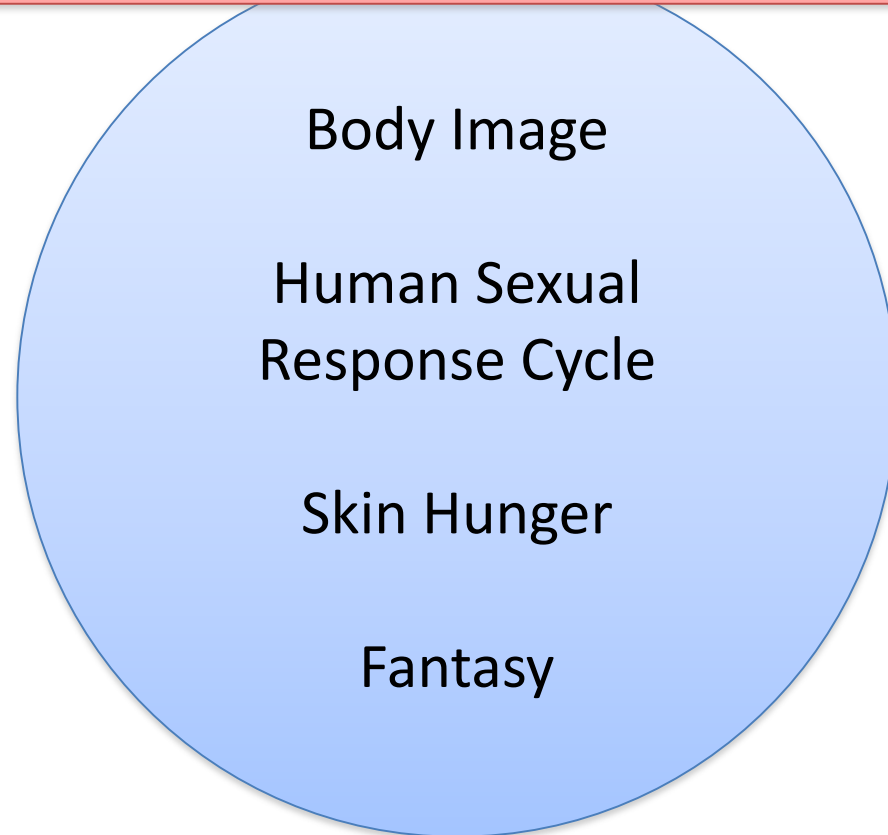
Myths

- People with disabilities...
 - Are child-like and dependent
 - Cannot understand relationships and sexuality
 - Are asexual / non-sexual
 - Are oversexed / unable to control sexual urges
 - Cannot have or raise children

The Circles of Sexuality

Sensuality

Awareness and comfort with your own body;
enjoying your body and other people's bodies.



Intimacy

The need to be emotionally close with other people

Caring

Sharing

Loving/Liking

Risk Taking

Vulnerability

Sexual Identity

Who you are attracted to; and your sense of maleness and femaleness

Gender Identity

Gender Expression

Gender Roles

Sexual Orientation

Sexual Health and Reproduction

Keeping your body healthy;
deciding whether or not to have children

Factual Info.

Feelings & Attitudes

Anatomy of Reproductive
Body Parts

Reproduction

Sexualization

The use of sexuality to control others

Seduction/Flirting

Withholding Sex

Sexual Harassment

Sexual Assault; Rape

All About Me

Personal Sexual Self Advocacy Planning

The Continuum



The 5 Ps of Sexual Behavior

1. Privacy
2. Peer Partner
3. Permission
4. Protection
5. Pleasure



This is
Goodbye.
For now. :) U

Thank you!

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